

How to Stay in Your Power in ANY Situation Cheat Sheet

STEP #1: In your mind step back from the SITUATION and observe it.

What are the FACTS? What are you observing, witnessing? The FACTS are very basic:
woman/man/person...talking/yelling/driving...



STEP #2: Ask yourself "What is FACT and what is my STORY about the FACTS?"

STORY makes it personal: woman talking disrespectful *to me*/man yelling *at me*/person driving too slow *in front of me*.



STEP #3: Check in with how you feel.

A STORY compels a negative EMOTION within you whereas FACTS feel neutral



STEP #4: Recognize the signs.

Fear based EMOTIONS induced by a STORY will trigger negative ENERGY in your body. Whereas FACTS feel neutral and do not create an EMOTIONAL or ENERGETIC response.



STEP #5: Plug the FACT into the SITUATION line of the STEAR Strategy

A. Choose your THOUGHT

**B. Notice your EMOTIONS
and ENERGY**

**C. ACT from your neutral or
positive EMOTIONS and ENERGY**

Here's an INSIDER TIP: In my mind I like to imagine stamping what I am observing with a big red "S" for **SITUATION**. This helps me to remember that I am **S**eparate from the **S**ITUATION and I have the **S**uperpowers to get to choose what I **want** to THINK about the SITUATION which will determine my EMOTIONS and ENERGY which will drive my ACTION and net me a RESULT.

Stick to the **FACTS**. Let go of the *STORY about* the **FACTS**.

FACT versus STORY

FACT

What we observe outside of ourselves

It is separate from us

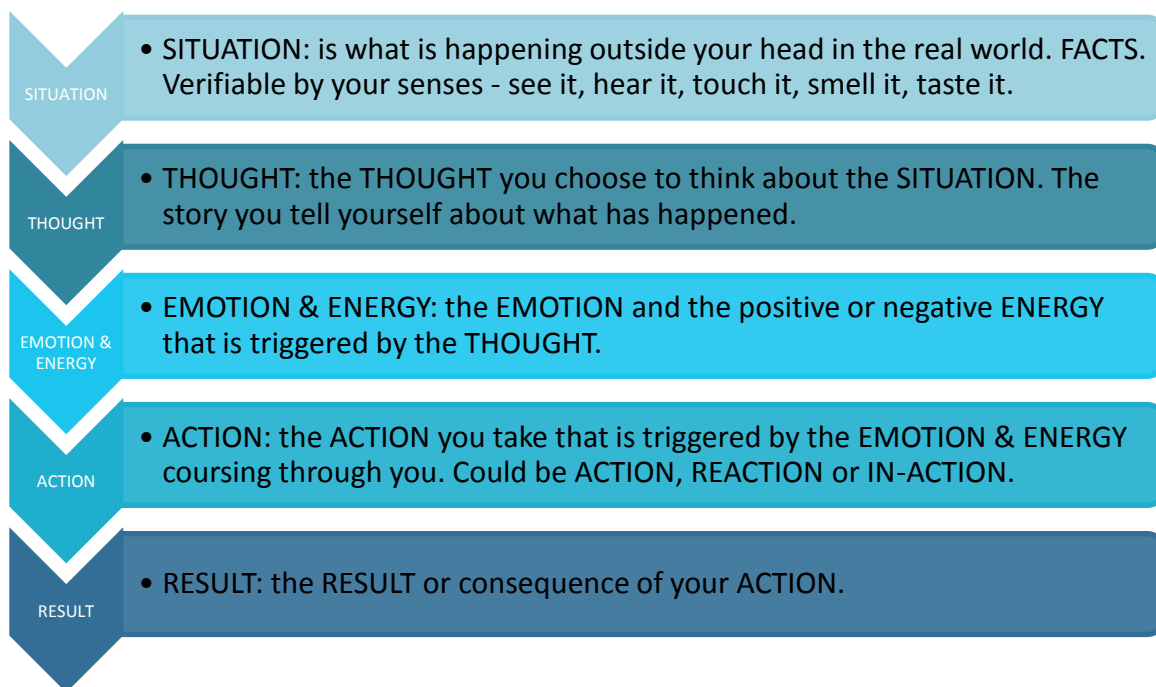
Feels **NEUTRAL**

STORY

The **STORY** we tell ourselves **IN** our head about what we observe

Makes it personal - we make it mean something about us

Activates **EMOTION**



You are managing your mind to THINK on purpose to feel the **EMOTIONS** and **ENERGY** you want to feel to motivate the **ACTIONS** to get the **RESULT** you want in your life and relationships.

